

Claims

1. An exerciser comprising an elongate body (2) containing a resistive mechanism (14), a removable first handling member (5,7) arranged generally along the major axis of the elongate body (2) and slidably received within the body (2), the resistive mechanism (14) providing a force against the insertion of the first handling member (5,7) into the elongate body (2), and a second handling member (6,8) attached to the elongate body (2).
2. An exerciser according to Claim 1 wherein an elongate element (6) is provided to be removably connected between the elongate body (2) and the second handling member (8) to extend the distance between the elongate body (2) and the second handling member (6,8).
3. An exerciser according to Claim 1 or Claim 2, wherein the first (5,7) and second (6,8) handling members are freely rotatable with respect to each other.
4. An exerciser according to any one of the preceding Claims, wherein the resistive mechanism (14) provides an additional force against the extraction of the first handling member (5,7) from the elongate body (2).

5. An exerciser according to any one of the preceding Claims wherein a flange (20) is provided to be fitted between the elongate body (2) and the second handling member (6,8).
6. An exerciser according to any one of the preceding Claims wherein the resistive mechanism (14) comprises a spring, elastomeric foam, pneumatic cylinder or a hydraulic cylinder.
7. An exerciser according to any one of the preceding claims wherein a low friction surface is provided on the internal wall of the elongate body (2).
8. An exerciser according to any one of the preceding claims wherein plunger (15) is coated with, or made from, a low friction material.
9. An exerciser according to any one of the preceding Claims wherein means are provided for adjusting the pre-load of the resistive mechanism (14).
10. An exerciser according to any one of the preceding Claims wherein means are provided for monitoring the length of usage of the exerciser.
11. An exerciser according to any one of the preceding Claims wherein means are provided for monitoring essential biometric parameters while exercising.

12. An exerciser according to any one of the preceding Claims, in which the first handling member is removably connected to the elongate body.
13. An exerciser according to any one of the preceding Claims wherein the elongate body, the first and second elements and the first and second handling members are sized to be carried in a pocketable pouch.